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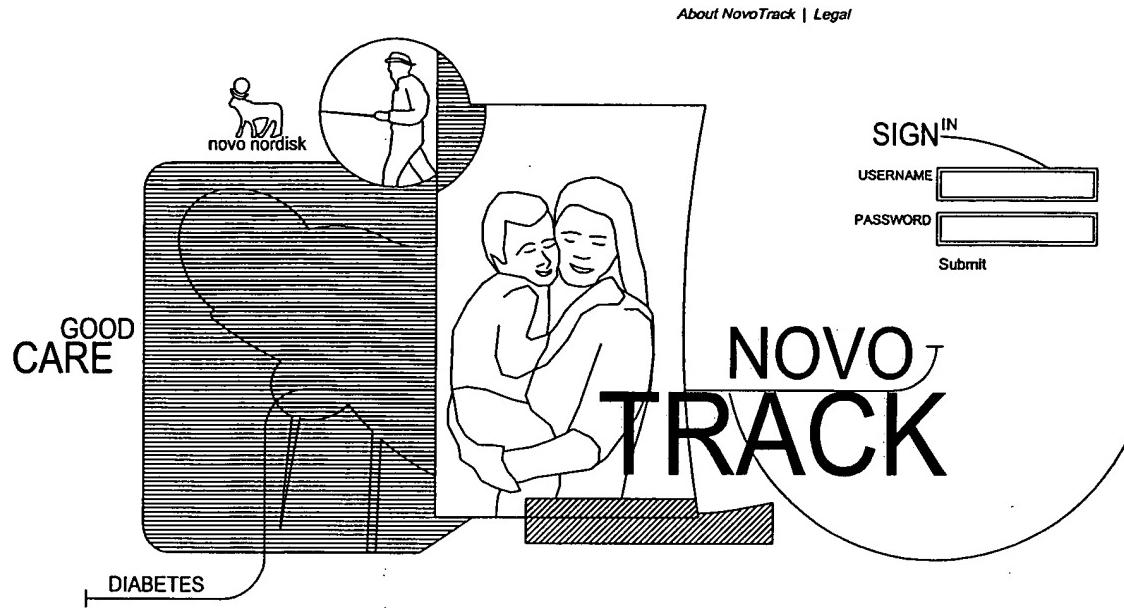
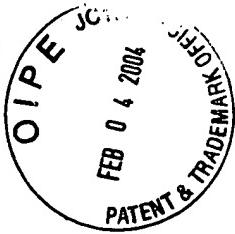


FIG. 7A



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**NOVO TRACK**  
  
**GUIDE TO GOOD CARE**

[FAQS | Glossary | Credits | Legal | Home](#)

**Raff Ackermann**  
Personal Scorecard  
Physician  
Geoffrey Gates, MD  
Diabetes Control  
A1c 7.5 %  
Next Appointment  
04/20/01  
NovoTrack Progress  
37 of 35 topics  
completed  
Message Center - 0

**DIABETES**

**Welcome to NovoTrack - your program to good diabetes care!**  
This program was designed for you. You will find what you need to know about diabetes in the Guide to Good Care, Personal Scorecard and Message Center.

**Guide to Good Care** is a course in 7 tracks with 35 topics that were chosen to fit you and your diabetes. We recommend that you start at the beginning, but you can start anywhere and complete the topics in any order. Remember to answer the questions after reading each topic. You can reach the course by selecting a numbered button at the top of this page.

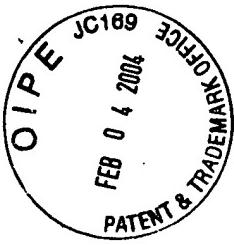
**Personal Scorecard** gives you access to vital information about your diabetes from your primary care provider. Explanations of each test help you to understand where you are now and where you should be going to reach the goals of good diabetes care. The Personal Scorecard can be reached from this homepage on the right or from the BioBox on the left of each page.

**Message Center** is a secure way to send messages to a nurse in your physician's office who can find answers to your questions about diabetes. The nurse will be following your progress through the Guide to Good Care. Remember that you and your physician make all the decisions about your individual medical care. Message Center can be reached from this homepage on the right or from the BioBox on the left of each page.

You can reach this homepage at any time by clicking on "NovoTrack" in the upper left corner or the "Home" menu item at the top of each page.

Now you are ready to get your diabetes on track - NovoTrack!

**FIG. 7B**



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The screenshot shows a software application window titled "NOVO TRACK". In the top left corner is the Novo Nordisk logo. At the top right are links for "FAQS | Glossary | Credits | Legal | Home". Below these are two numbered tracks: "TRACK" with steps 1 through 7, and "TRACK 2" with step 1. Step 1 in both tracks is highlighted with a diagonal hatching pattern. The main content area features a stylized illustration of a person's torso and head. To the left of the illustration is a vertical bar with the text "B" at the top and "DIABETES" at the bottom. A circular callout bubble also contains the word "DIABETES". On the right side of the main content area, there is descriptive text about diabetes and a "NEXT" button. To the right of the main content area is a sidebar titled "Topics:" with several listed items.

**Topics:**

- Before You Had Diabetes
- What Causes Diabetes
- Effects of Diabetes
- Who Gets Diabetes

**TRACK** 1 2 3 4 5 6 7

**TRACK 2** 1

**WHAT IS DIABETES?**

This section explains how your body works and what happened when you get diabetes.

Before you had diabetes, your body automatically made adjustments to keep your blood glucose at just the right level. Now that you have diabetes, you have to think about it. You have to make decisions that your body once made to you.

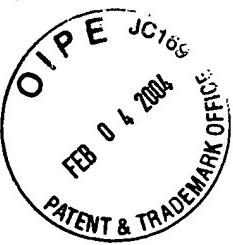
This section will tell you how your body worked before you had diabetes and how it works now.

NEXT

Raff Ackermann  
Personal Scorecard  
Physician  
Geoffrey Gates, MD  
Diabetes Control  
A1c 7.5 %  
Next Appointment  
04/20/01  
NovoTrack Progress  
37 of 35 topics  
completed  
Message Center - 0

B  
DIABETES

FIG. 7C



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FAQS | Glossary | Credits | Legal | Home

TRACK 1      TRACK 2



# NOVO TRACK

Raff Ackermann  
Personal Scorecard  
Physician  
Geoffrey Gates, MD  
Diabetes Control  
A1c 7.5 %  
Next Appointment  
04/20/01  
NovoTrack Progress  
37 of 35 topics  
completed  
Message Center - 0

**Effects of Diabetes**

**A Healthy Life**  
People with diabetes can live long and active lives. Knowing how to treat your diabetes can help you avoid the symptoms of high and low blood glucose. Maintaining good diabetes control over time reduces the risk of long term complications.

No one would want to have diabetes, but those who rise to the challenge of good diabetes care may find strengths that they never knew they had.

**High Blood Glucose**  
Both high and low blood glucose can cause symptoms that go away after the blood glucose returns to an acceptable level. In rare circumstances, extremes of either high or low blood glucose can lead to coma with results that may not be easy to reverse:

The symptoms of a very high blood glucose are thirst, excessive urination, fatigue, weakness and loss of weight. Other symptoms can occur including blurring of vision and difficulty healing wounds or fighting infections.

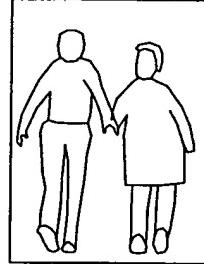
When your blood glucose is very high, the body can flush some of the excess blood glucose out of your system by putting it into the urine. You get thirsty as your body loses more and more water in the sugary urine. Frequent trips to the toilet can disturb sleep and interrupt activities during the day.

If a high blood glucose is left untreated, you can begin to lose weight. The weight you lose is not a healthy weight loss. Even though the blood glucose is high, the glucose can't get into the cells so the cells don't get the energy they need to do their work. Muscle is being broken down to make even more glucose. This results in weakness and fatigue.

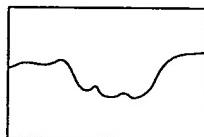
At a certain level of blood glucose, the brain cannot function well. The most severe consequences of an extremely high bold glucose are confusion and eventually coma. These complications can be prevented by the most basic diabetes care.

**Low Blood Glucose**  
Low blood glucose is usually the result of treatment that is not matched to a person's needs. This topic is covered extensively in Section 2 Using Medications Wisely.

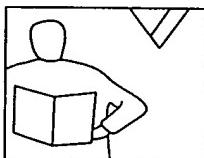
**Long-Term Complications**  
The complications of diabetes are not inevitable. High blood glucose can damage many different organs in your body. How diabetes damages an organ is complex and not completely understood even by scientists who study these problems. It has been shown by a number of studies that maintaining good control of blood glucose reduces the risk of complications. Control of other risks such as high blood pressure and cholesterol can also reduce the risk of complications.



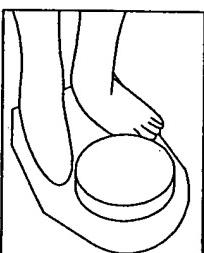
People can live long and healthy lives with diabetes.



Thirst, excessive urination and other symptoms of diabetes do not occur until the blood glucose levels at extremely high.



Loss of vision (and other long term complications) can be prevented by good diabetes care.



Weight loss because of

FIG. 7D(1)

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Each of the major complications of diabetes is discussed at greater length in Track 6 Complications.

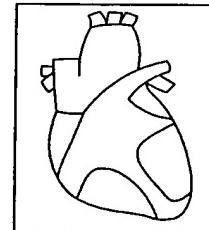
#### Heart Disease

You may not think of a heart attack as a complication of diabetes - but it is! People with diabetes are at greater risk of diseases caused by cholesterol that builds up and blocks vital arteries. People without diabetes can get blockage in an artery leading to a heart attack, stroke or other circulatory complication. Diabetes just makes all of these complications worse.

Fortunately, various treatments have been shown to reduce the risk of heart disease and other circulatory problems for people with diabetes. You can learn more about this subject in Track 4 Treating High Blood Pressure and Treating High Cholesterol and in Track 6 Heart Disease.

[Go To Questions](#)

high blood glucose is not healthy. A large part of the weight loss is muscle - with weakness and fatigue as a result.



Diabetes increases the risk of heart disease. Good diabetes care reduces the risk.

[SEE HOW IT WORKS?](#)



**FIG. 7D(2)**



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The screenshot shows a user profile for "Raff Ackermann" with a "Personal Scorecard" and "Physician" information. It displays "Novo TRACK" branding, a progress bar showing "37 of 35 topics completed", and a "Message Center - 0". A large vertical bar on the left has "Q & A" and "DIABETES" written on it. At the top right, there's a navigation bar with links to "FAQS | Glossary | Credits | Legal | Home" and a track progress indicator showing steps 1 through 7, with step 2 shaded. Below the navigation is a section titled "WHAT IS DIABETES?" with a question about frequent urination. A "NEXT" button is visible at the bottom right.

Novo TRACK  
Checkpoint

FAQS | Glossary | Credits | Legal | Home

TRACK 1 2 3 4 5 6 7

TRACK 2

WHAT IS DIABETES?

Raff Ackermann  
Personal Scorecard  
Physician  
Geoffrey Gates, MD  
Diabetes Control  
A1c 7.5 %  
Next Appointment  
04/20/01  
NovoTrack Progress  
37 of 35 topics  
completed  
Message Center - 0

Q: Frequent urination is always a symptom of diabetes.  
 True  
 False

Back to Track 2.3      NEXT

Q & A  
DIABETES

FIG. 7E



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Express Mail Label No. EV 409532841 US

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FAQS | Glossary | Credits | Legal | Home

TRACK

1 2 3 4 5 6 7

NOVO TRACK

Raff Ackermann  
Personal Scorecard  
Physician  
Geoffrey Gates, MD  
Diabetes Control  
A1c 7.5 %  
Next Appointment  
04/20/01  
NovoTrack Progress  
37 of 35 topics  
completed  
Message Center - 0

How Am I Doing?

This is a good question to ask. Your personal scorecard helps you to answer this question.

Each of the test results to the right of this page has been selected with a purpose. Click on the test results to see an explanation of the test and its significance to your health.

Each test predicts the risk of one or more of the long-term complications of diabetes. For each test, treatment that moves the value towards the recommended goal is beneficial.

Not everyone can achieve the goals set by the American Diabetes Association and others. For some, these recommendations are not appropriate due to other medical concerns. You and your healthcare provider will need to decide goals that are appropriate for you. You can record these values by clicking the Personal Diabetes Goals at the bottom of the column to your right.

Personal Care

Personal Goals

Blood Glucose Testing  
Average 7 per week

Laboratory Tests

Diabetes Control  
A1c 7.5%

Kidney Health  
Urine albumin 532

Cholesterol Profile  
Total cholesterol - 211  
HDL cholesterol - 40  
LDL cholesterol - 110  
Triglycerides - 346

Physical Examination

Weight/BMI  
150lbs/32

Blood Pressure  
160/100

Foot Sensitivity  
sensitive

Eye Examination  
10/25/01

DIABETES

A1c 7.5%  
B 160/100

FIG. 7F



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CDE - Microsoft Internet Explorer

NOVOTRACK CDE CONSOLE

ADMINISTRATIVE USE ONLY

Profile Message Center Appointments Outliers/Alerts

New Edit

Patient Finder

Last Name: Physician's Last Name: Sort by: Patient's Name

CDE:   active only  inactive only Find Patients

Patient	Provider	CDE
Ackermann, Ralf	Geoffrey Gates, MD	Hanne Vesterdal

FIG. 7G



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© CDE - Microsoft Internet Explorer

# NOVO TRACK CDE CONSOLE

ADMINISTRATIVE USE ONLY

Profile    Message Center    Appointments    Outliers/Alerts

User Name: ralf    Inactive:

Password: \*\*\*\*    Confirm Password: [ ]

CDE: Hanne Vesterdal    Registration Date: 11/13/00

First Name: Ralf    Last Name: Ackermann

Address: [ ]  
[ ]

City: [ ]    State: [ ]    Zip Code: [ ]

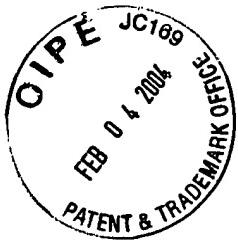
Phone: [ ]    Email: rwa@novo.dk

Medical/Goals    Reg. Questions    Track Progress    Appl Goals    Alerts

Save    Cancel

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FIG. 7H



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⑤ CDE - Microsoft Internet Explorer

# NOVOTRACK CDECONSOLE

ADMINISTRATIVE USE ONLY

Profile Message Center Appointments Outliers/Alerts

Patient: Ralf Ackermann Registration #: 201

Physician's First Name: Geoffrey Last Name: Geoffrey Suffix: MD

Type of Diabetes: Type 2 Gender: Male Age: 41 Height: 178

Foot Care: High Risk Neuropathy: Absent

Nephropathy: Present Heart Disease: Present

Retinopathy: Absent

	Results	Date	Goal
edit Alc (%)	7.5	3/29/00	7.0
edit Urine Albumin	532	10/10/00	400
edit Total cholesterol (mg/dl)	211	10/1/01	180
edit HDL (mg/dl)	40	12/13/01	40
edit LDL (mg/dl)	110	10/10/00	100
edit Triglycerides (mg/dl)	346	10/10/00	200
edit Weight (lbs)	150	10/10/00	180
edit BMI	32	10/10/00	26
edit Blood Pressure (mmHg)	160/100	10/10/00	135/80
edit Foot Sensitivity	sensitive	10/10/00	sensitive

	Blood Sugar Goals
edit Number of Tests (specify per week or day)	7 per week
edit Before Breakfast (mg/dl)	100-150
edit Before Lunch/Dinner (mg/dl)	80-140
edit 2 hours after eating (mg/dl)	less than 200
edit BedTime (mg/dl)	120-160

Save Cancel

FIG. 7I



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© CDE - Microsoft Internet Explorer

NOVO  
TRACK CDECONSOLE

ADMINISTRATIVE USE ONLY

Profile Message Center Appointments Outliers/Alerts

Patient: Ralf Ackermann

1. Subjective Duration of Diabetes  
established patterns

2. Attitude Towards Future Complications  
fatalistic

3. Level of Activity  
sedentary

4. Frequency of Blood Sugar Monitoring  
infrequent

5. Attitude Toward Smoking  
smoker-does not want to quit

6. Attitude Toward Insulin  
Type 2 rejects

Save Cancel Answer Key

This screenshot shows a Microsoft Internet Explorer window displaying a web-based application for diabetes management. The title bar reads "© CDE - Microsoft Internet Explorer". The main header features "NOVO" in a large font, "TRACK" in a bold font, and "CDECONSOLE" below it. A small note "ADMINISTRATIVE USE ONLY" is visible above a row of five circular icons. Below the header is a navigation menu with tabs: "Profile", "Message Center", "Appointments", and "Outliers/Alerts". The "Profile" tab is selected. The main content area displays a survey for a patient named "Ralf Ackermann". The survey consists of six numbered questions, each with a dropdown menu containing two options. Questions 1, 2, 3, 4, and 6 have the first option selected with a checked checkbox. Question 5 has the second option selected with an unchecked checkbox. At the bottom of the survey area are three buttons: "Save", "Cancel", and "Answer Key". The right side of the window has a vertical scroll bar and a toolbar with various icons.

FIG. 7J



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CDE - Microsoft Internet Explorer

# NOVOTRACK CDECONSOLE

ADMINISTRATIVE USE ONLY

Profile Message Center Appointments Outliers/Alerts

Back

Patient: Ralf Ackermann

Table #	Topic	Date Completed	Minutes	Questions Correct.
5.4	Asking for Help	05/09/01	1	0 of 3
1.4b	Proof that Good Care Matters	03/14/01	1	3 of 3
5.1b	A Healthy Attitude	03/16/01	30	2 of 3
4.1b	How Diabetes Medication Work	03/29/01	7	0 of 3
6.5b	Treating Heart Disease	11/20/00	2	3 of 3
2.2b	What causes Diabetes	03/29/01	20	3 of 3
6.7	Dental Care	05/09/01	2	0 of 3
4.4b	Hypoglycemia	03/29/01	1	0 of 3
4.7	Treating High Blood Pressure	03/29/01	2	0 of 3
4.6	Treating High Cholesterol	05/17/01	23	3 of 3
6.1a	Preventing Retinopathy	05/09/01	2	0 of 3
6.4b	Foot Care	03/29/01	1	0 of 3

FIG. 7K



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⊕ CDE - Microsoft Internet Explorer

NOVO  
**TRACK CDE CONSOLE** ADMINISTRATIVE USE ONLY

Profile Message Center Appointments Outliers/Alerts

Patient: Ralf Ackermann

---

*Physician*

Date of last physician Appointment :   
Next Physician Appointment Goal :   
Actual Physician Appointment :

\*NOTE: Dates must be entered in the following format: m/d/yy or mm/dd/yr.

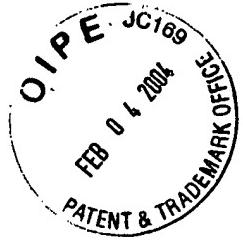
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*Ophthalmologist*

Date of last Ophthalmologist Appointment :   
Next Ophthalmologist Appointment Goal :   
Actual Ophthalmologist Appointment :

\*NOTE: Dates must be entered in the following format: m/d/yy or mm/dd/yr.

FIG. 7L



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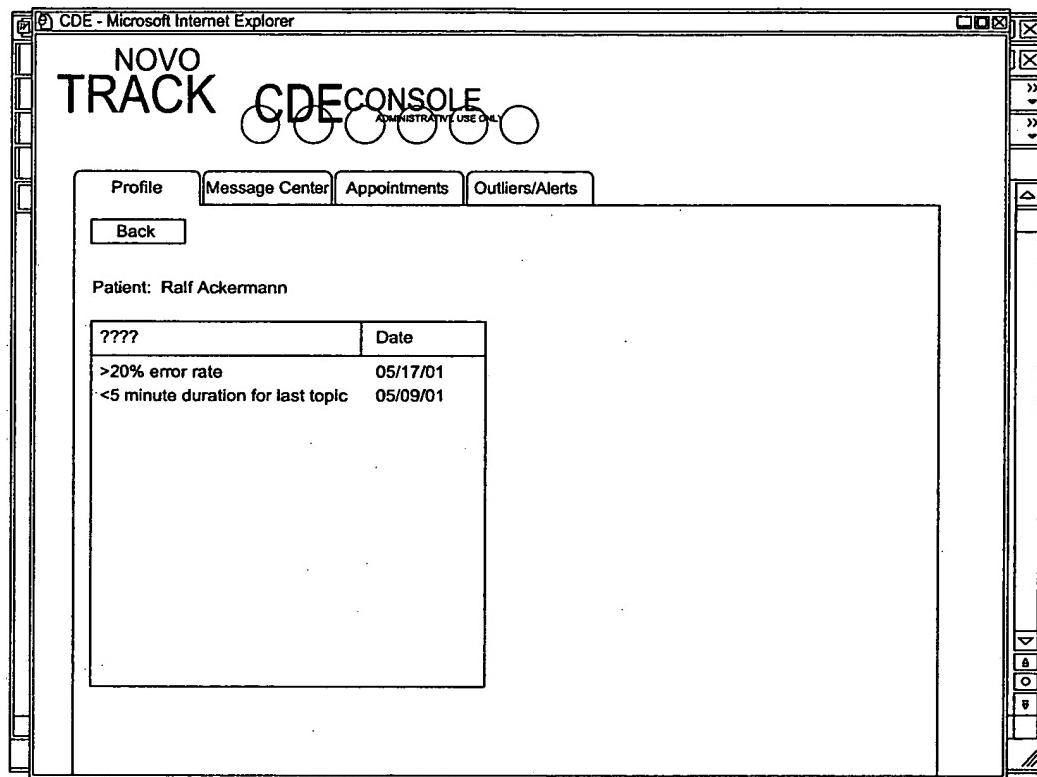
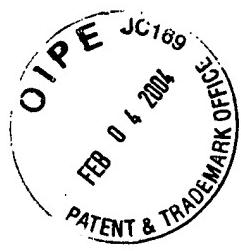


FIG. 7M



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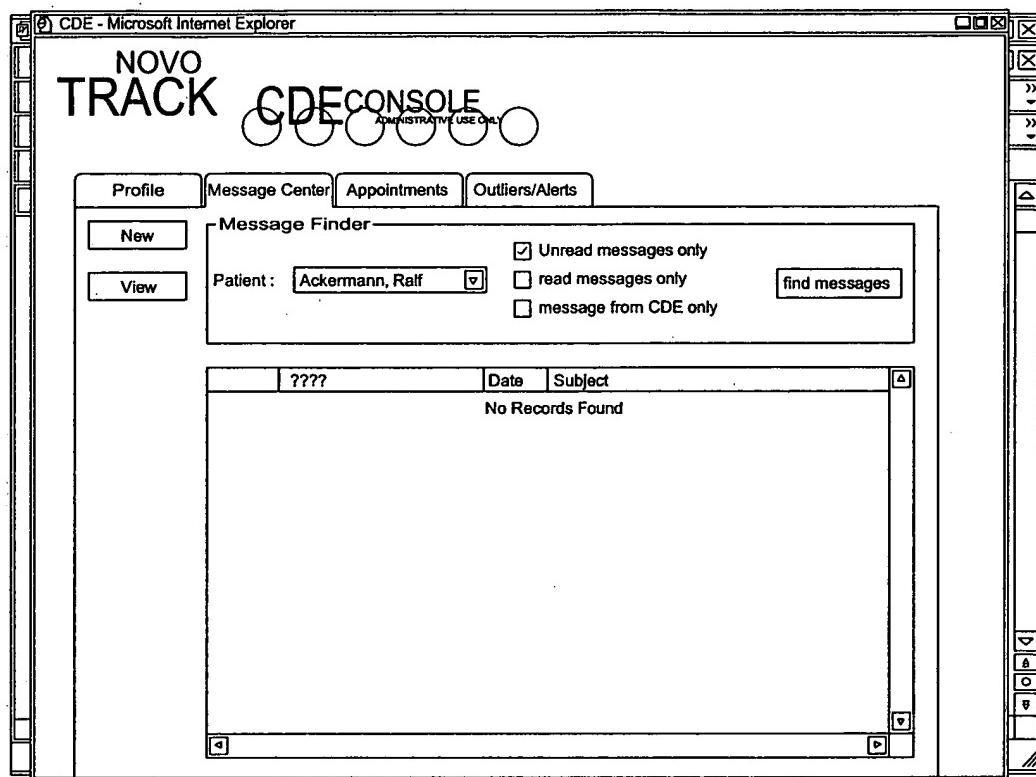
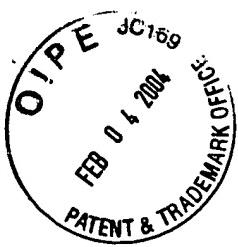


FIG. 7N



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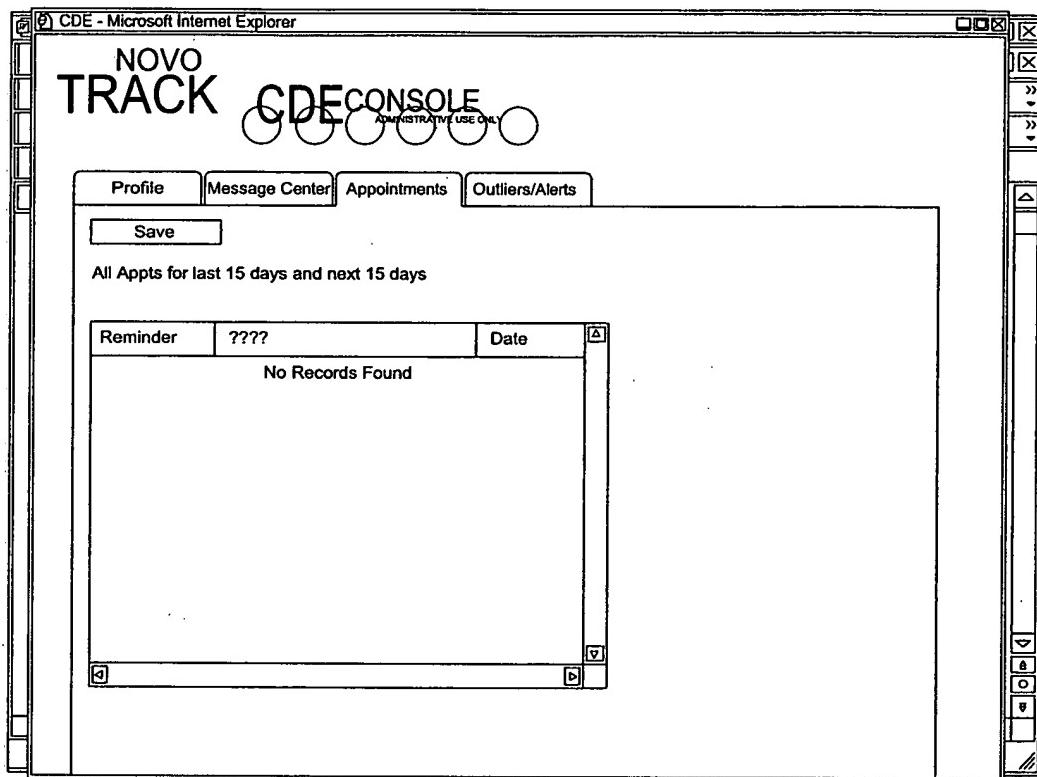
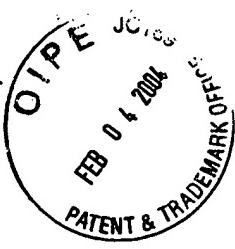


FIG. 70



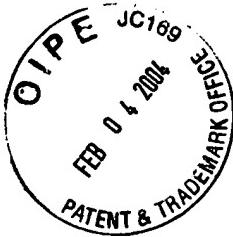
Serial No. 09/877,492  
Express Mail Label No. EV 409532841 US

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The screenshot shows a Microsoft Internet Explorer window displaying the CDE Console. The title bar reads "CDE - Microsoft Internet Explorer". The main content area has a header "NOVO TRACK CDECONSOLE" with a sub-header "ADMINISTRATIVE USE ONLY". Below the header is a menu bar with tabs: Profile, Message Center, Appointments, and Outliers/Alerts. The "Outliers/Alerts" tab is selected. A sub-header "All Alerts for the last 30 days" is followed by a table.

????	????	Date
Ackermann, Ralf	>20% error rate	05/17/01
Ackermann, Ralf	<5 minute duration for last topic	05/09/01

FIG. 7P



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### NovoTrack Guide To Good Care Outline

Key

<b>0.0e</b>	<b>Title of the Topic</b>	<b>Medical Record Data</b>	<b>Patient Attitude Data</b>	<b>Questions</b>
-------------	---------------------------	----------------------------	------------------------------	------------------

Numbering sequence is by track, then topic. Note that a letter after the number indicates a choice of article for that topic depending on a patient characteristics entered by the patient in response to questions at the time of registration. Both the CDE and patient can edit data if required.

**Track 1- Getting Good Care** (4 articles: The section has 1 **Medical Record** choice and 1 **Patient Attitude** response at registration to choose perspective for the articles.)

<b>1.1</b>	<b>Defining Quality Care</b>			<b>Questions</b>
<b>1.2a</b>	<b>Caring for yourself</b>		<b>New Diagnosis</b>	<b>Questions</b>
<b>1.2b</b>	<b>Caring for yourself</b>		<b>Established Patterns</b>	<b>Questions</b>
<b>1.3</b>	<b>Your Diabetes Care Team</b>			<b>Questions</b>
<b>1.2a</b>	<b>Proof that Good Care Matters</b>	<b>Type 1</b>		<b>Questions</b>
<b>1.4a</b>	<b>Proof that Good Care Matters</b>	<b>Type 2</b>		<b>Questions</b>

**Track 2- What is Diabetes** (4 articles: This section has 1 **Medical Record** choice at registration to choose perspective for the articles.)

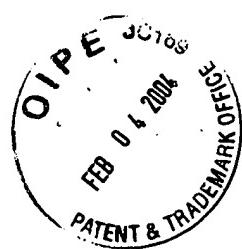
<b>2.1</b>	<b>Before You Had Diabetes</b>			<b>Questions</b>
<b>2.2a</b>	<b>What Causes Diabetes</b>	<b>Type 1</b>		<b>Questions</b>
<b>2.2b</b>	<b>What Causes Diabetes</b>	<b>Type 2</b>		<b>Questions</b>
<b>2.3a</b>	<b>Effects of Diabetes</b>	<b>Type 1</b>		<b>Questions</b>
<b>2.3b</b>	<b>Effects of Diabetes</b>	<b>Type 2</b>		<b>Questions</b>
<b>2.4a</b>	<b>Who Gets Diabetes</b>	<b>Type 1</b>		<b>Questions</b>
<b>2.4b</b>	<b>Who Gets Diabetes</b>	<b>Type 2</b>		<b>Questions</b>

**Track 3 - Healthy Eating & Exercise** (2 articles: This section has 2 **Medical Record** choice and 1 **Patient Attitude** response at registration to choose perspective for the articles.)

<b>3.1a</b>	<b>Healthy Eating</b>	<b>Type 1</b>		<b>Questions</b>
<b>3.1b</b>	<b>Healthy Eating</b>	<b>Type 2</b> <b>BMI&lt;28</b>		<b>Questions</b>
<b>3.1c</b>	<b>Healthy Eating</b>	<b>Type 2</b> <b>BMI&gt;28</b>		<b>Questions</b>
<b>3.2a</b>	<b>Healthy Exercise</b>	<b>Type 1</b>	<b>Sedentary</b>	<b>Questions</b>
<b>3.2b</b>	<b>Healthy Exercise</b>	<b>Type 1</b>	<b>Active</b>	<b>Questions</b>
<b>3.2c</b>	<b>Healthy Exercise</b>	<b>Type 1</b>	<b>Disabled</b>	<b>Questions</b>
<b>3.2d</b>	<b>Healthy Exercise</b>	<b>Type 2</b>	<b>Sedentary</b>	<b>Questions</b>
<b>3.2e</b>	<b>Healthy Exercise</b>	<b>Type 2</b>	<b>Active</b>	<b>Questions</b>
<b>3.2f</b>	<b>Healthy Exercise</b>	<b>Type 2</b>	<b>Disabled</b>	<b>Questions</b>

**Track 4 - Using Medications Wisely** (8 articles: This section has 1 **Medical Record** choice and 2 **Patient Attitude** response at registration to choose perspective for the articles.)

**FIG. 8A**



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4.1a	<u>Choosing The Right Insulin</u>	Type 1		Questions
4.1b	<u>How Diabetes Medications Work</u>	Type 2		Questions
4.2a	<u>Intensive Insulin Therapy</u>	Type 1		Questions
4.2b	<u>Combinations of Medications</u>	Type 2		Questions
4.3a	<u>Practical Tips For Insulin Use</u>	Type 1		Questions
4.3b	<u>Insulin For Your Diabetes</u>	Type 2	Accepts Injections	Questions
4.3c	<u>Insulin For Your Diabetes</u>	Type 2	Rejects Injections	Questions
4.4a	<u>Hypoglycemia</u>	Type 1		Questions
4.4b	<u>Hypoglycemia</u>	Type 2		Questions
4.5a	<u>Monitoring Your Blood Sugar</u>	Type 1	Infrequent Monitoring	Questions
4.5b	<u>Monitoring Your Blood Sugar</u>	Type 1	Frequent Monitoring	Questions
4.5c	<u>Monitoring Your Blood Sugar</u>	Type 2	Infrequent Monitoring	Questions
4.5d	<u>Monitoring Your Blood Sugar</u>	Type 2	Frequent Monitoring	Questions
4.6	<u>Treating High Cholesterol</u>			Questions
4.7	<u>Treating High Blood Pressure</u>			Questions
4.8	<u>Benefits of Aspirin</u>			Questions

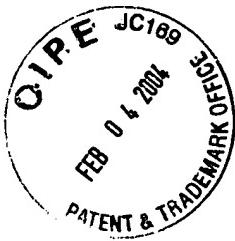
Track 5- Family, Friends & Feelings(4 articles: This section has 1 Patient Attitude response at registration to choose perspective for the articles.)

5.1a	<u>A Healthy Attitude</u>		Optimistic	Questions
5.1b	<u>A Healthy Attitude</u>		Balanced	Questions
5.1c	<u>A Healthy Attitude</u>		Pessimistic	Questions
5.2	<u>Setting Goals</u>			Questions
5.3	<u>Family &amp; friends</u>			Questions
5.4	<u>Getting Help</u>			Questions

Track 6- Complications (7 articles: This section has 5 Medical Record choices and 1 Patient Attitude response at registration to choose perspective for the articles.)

6.1a	<u>Preventing Retinopathy</u>	Complication Absent		Questions
6.1b	<u>Treating Retinopathy</u>	Complication Present		Questions
6.2a	<u>Preventing Neuropathy</u>	Complication Absent		Questions
6.2b	<u>Treating Neuropathy</u>	Complication Present		Questions
6.3a	<u>Preventing Nephropathy</u>	Complication Absent		Questions
6.3b	<u>Treating Nephropathy</u>	Complication Present		Questions
6.4a	<u>Foot Care</u>	Low Risk		Questions
6.4b	<u>Foot Care</u>	High Risk		Questions
6.5a	<u>Preventing Heart Disease</u>	No Ischemia		Questions
6.5b	<u>Treating Heart Disease</u>	Prior/Current Ischemia		Questions

FIG. 8B



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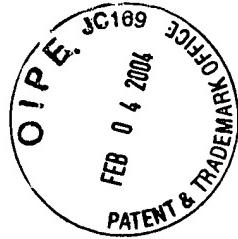
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6.6a	<u>Smoking</u>		Nonsmoker	Questions
6.6b	<u>Smoking</u>		Smokes - Wants to quit	Questions
6.6c	<u>Smoking</u>		Smokes - Doesn't want to quit	Questions
6.7	<u>Dental Care</u>			Questions

Track 7- Special Situations (5 articles: This section has 3 Medical Record choices at registration to choose perspective for the articles.)

7.1a	<u>Driving</u>	Type 1		Questions
7.1b	<u>Driving</u>	Type 2		Questions
7.2a	<u>Traveling</u>	Type 1		Questions
7.2b	<u>Traveling</u>	Type 2		Questions
7.3a	<u>Employment</u>	< 62 years old		Questions
7.3b	<u>Retirement</u>	> 62 years old		Questions
7.4a	<u>Insurance</u>	< 62 years old		Questions
7.4b	<u>Medicare</u>	> 62 years old		Questions
7.5a	<u>Men's Sexuality</u>	Male		Questions
7.5b	<u>Women's Sexuality</u>	Female, < 45 years Old		Questions
7.5c	<u>Women's Sexuality</u>	Female, > 45 years Old		Questions
7.6a	<u>Sick Days</u>	Type 1		Questions
7.6b	<u>Sick Days</u>	Type 2		Questions

FIG. 8C



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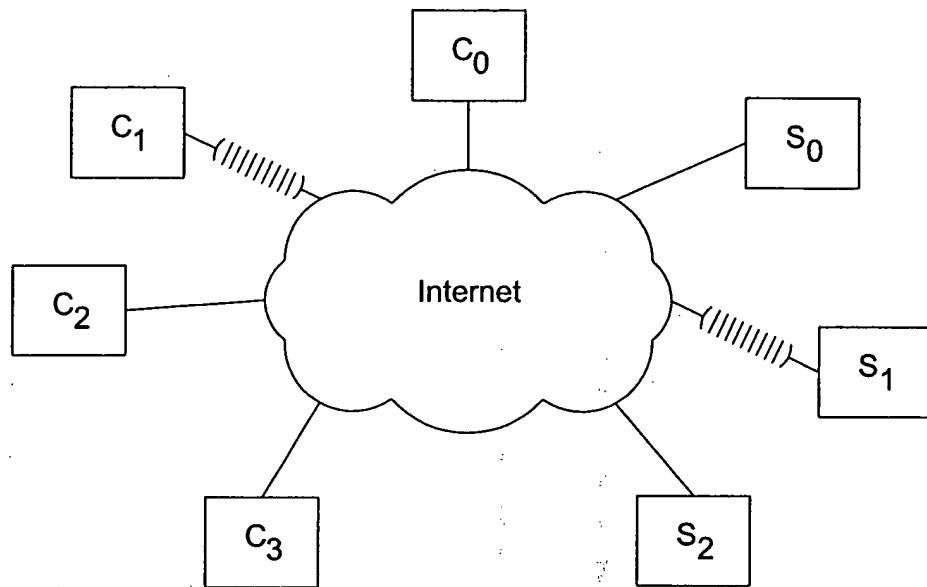


FIG. 9  
(PRIOR ART)

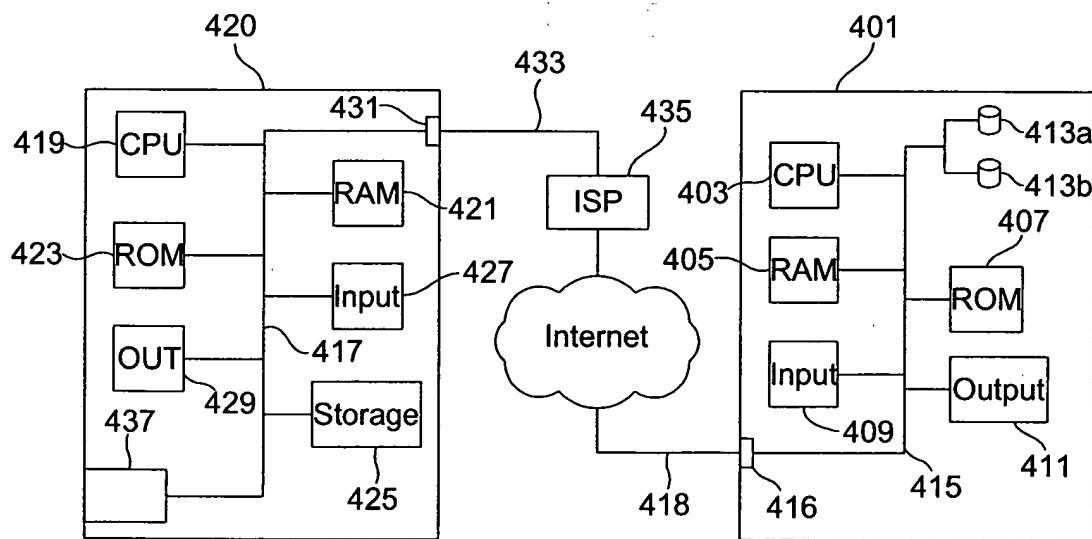


FIG. 10  
(PRIOR ART)